**Raising Healthy Children**

**August** isthe time when parents prepare their children to go **Back to School** and is also **National Breastfeeding Month**. You’re there for your littlest New Yorkers, and we’re here for you. WorkWell NYC encourages City employees to check out all of the resources available for parents and caregivers in NYC!



**Resources for parents of older children:**

* All new students - entering child care through grade 12 in NYC for the first time – must receive and show proof of certain vaccines and a medical evaluation. Download a [Physical Examination Form (CH-205)](http://schools.nyc.gov/NR/rdonlyres/6243A6FA-28A1-4E21-8378-06095CA6EFFB/0/CH205HealthExamJune2016.pdf) to bring to your child’s pediatrician, and learn more about required vaccinations [online](http://www1.nyc.gov/site/doh/health/health-topics/student-and-daycare-vaccinations.page) or by calling 311.
* [Back to School Forms](http://schools.nyc.gov/Offices/Health/SchoolHealthForms/default.htm): Make sure your child is able to receive their daily medication at school. Have their pediatrician fill out a Medical Administration Form and return it to your child’s school nurse. Fill out a special form if your child has [asthma](http://schools.nyc.gov/NR/rdonlyres/100F9F6C-2220-4D5A-BBC0-D5C58FA20B4B/0/AsthmaMAF4212017.pdf) or [diabetes](http://schools.nyc.gov/NR/rdonlyres/952DB10B-23B4-4BA5-A09C-4327CBA5B3E9/0/DMAF20172018FINAL.pdf).
* [Growing Up NYC](https://growingupnyc.cityofnewyork.us/): Check out Growing Up NYC, the official program and event resource for NYC-area children of all ages.

**Tips for new parents:**

* Breastfeeding? Keep it up! Breast milk gives your baby the best start in life.
* Talk, read and sing to your baby, right from birth. Words help build the brain!
* Always put your baby down to sleep alone, on their back, in a crib or bassinet.
	+ Remove pillows, bumpers, stuffed toys and blankets to protect them from suffocation risks.
* Keep your home smoke- and pest-free.
* Keep your baby away from peeling paint and repair work to make sure they stay healthy and safe.
* Take care of *you*! Eat well, exercise and spend time with friends and loved ones.

When you are happy, your baby is happy, too!

**Resources for new and expecting parents:**

* Thinking about breastfeeding? [Mobile Milk](http://www1.nyc.gov/site/doh/health/health-topics/pregnancy-mobile-milk.page) is a text messaging service that provides free breastfeeding support and information starting in your third trimester until your baby is 4 months old. Join any time by texting “MILK” to 877877.
* Learn more about the [Employee Lactation Program](http://www1.nyc.gov/site/doh/health/health-topics/employee-lactation-program.page). Employers are required by law to provide a private, non-bathroom location and reasonable time for employees to express or pump breast milk for their babies when they return to work.
* You have a right to breastfeed anytime, anywhere. Visit nyc.gov/health and search “breastfeeding” to find a community lactation room near you.
* If you need a crib for your baby but can’t afford one, call 311 to see if you may be eligible for a free crib through one of the City’s [Safe Sleep](http://www1.nyc.gov/site/acs/about/safe-sleep.page) programs.
* [Child Care Connect](https://a816-healthpsi.nyc.gov/ChildCare/ChildCareList.do) can help you find child care outside your home. You can also call 311 for assistance.
* If you’re worried about your baby’s development (i.e., if they are not smiling or making eye contact after three months) tell your doctor and learn more about the [Early Intervention Program](http://www1.nyc.gov/site/doh/health/health-topics/early-intervention.page).



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